

Random Urine Collection Instructions For Patients

For the proper diagnosis and treatment of your case, your physician has requested that a urine specimen be collected. It is extremely important that this be a sterile specimen. Please read these instructions thoroughly before you begin your collection.

NOTE: Specimens received by the laboratory with incomplete or incorrect information will not be processed. The specimen cannot be contaminated with stool because this will greatly affect the results.

- Urine sample should be transported to the laboratory as soon as possible after collection. **Optimally the testing is to be completed within 4 hours of collection.** If a delay in transport is anticipated, urine samples should be refrigerated to slow growth of bacteria until testing is performed. If the delay is greater than 8 hours, specimens may not be processed.
- After the collection is completed bring the container to the specimen drop off at your local specimen collection site. **NOTE: These sites are closed on weekends and statutory holidays**
- If you have any questions, please call the Laboratory in your area

Fredericton/Upper River Valley/Perth/ Oromocto:506-452-5435

Miramichi:506-623-3254

Moncton/Sackville/Rexton/Petitcodiac/Albert: 506-857-5303

Saint John/Sussex/ Charlotte County/Grand Manan:506-648-6575

RANDOM URINE COLLECTION INSTRUCTIONS FOR PATIENT

1. Please wash hands thoroughly for at least 10 seconds.
2. Ensure the pubic & genital areas have been thoroughly washed clean and are dry and free from powders, creams, etc.
3. Begin voiding(peeing), passing the first portion into the bedpan or toilet.
4. Do not stop the stream, collect the midportion in the urine specimen container until the container is approximately one quarter to one half full. Any excess urine can pass into the bedpan or toilet.
5. Replace the lid tightly and label with your first and last name, date of birth, Medicare number, and date/time of collection.
6. If you get urine on the outside of the container, wipe the outside of container with a disinfectant.